

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15-7:15 PR * Precision Run® <i>Rene Wiley</i>	6:15-7:05 CS * Precision Ride Lindsey Hutterer	6:15-7:15 PR * Precision Run® <i>Ian Culbertson</i>	6:00-7:00 PR * Precision Run + Strength Ross Neumann	6:15-7:15 PR * Precision Run® Ross Neumann	8:00-8:45 MS * Athletic Conditioning Lucy Cohen	8:15-9:15 PR * Precision Run + Strength <i>Ross Neumann</i>
6:30-7:20 MS * Stronger Bibi Mama	6:45-7:45 YS * Sculpted Yoga™ <i>Sarah Carr</i>	6:30-7:15 MS * Stacked <i>Nikki Elliott</i>	6:45-7:30 YS * Barefoot Sculpt <i>Tessa Southwell</i>	6:30-7:20 MS * Athletic Conditioning <i>Marzena Janasik</i>	8:15-9:15 PR * Precision Run + Strength <i>Lindsey Hutterer</i>	8:30-9:20 YS * Pilates Rise Ava Moreno
7:00-7:50 YS * Pilates Fusion (HEATED) <i>Monica Diederich</i>	7:00-7:50 MS * Lower Body Blast <i>Brenna Dwyer</i>	7:00-8:00 YS * Vinyasa Yoga (HEATED) <i>Sarah Carr</i>	7:00-7:30 MS * Upper Body Pump <i>Austin Williams</i>	6:45-7:30 CS * Beats Ride Sarah Carr	8:30-9:15 YS * Barre <i>Savannah Solley</i>	9:00-9:45 MS * Best Butt Ever <i>Lindsay B. Davis</i>
7:30-8:30 PR * Precision Run® <i>Rene Wiley</i>	7:15-8:15 PR * Precision Run® <i>Lindsey Hutterer</i>	8:00-8:45 MS * Stronger <i>Caitlyn Moyer</i>	7:15-8:15 PR * Precision Run® <i>Rene Wiley</i>	7:00-7:50 YS * Pilates Rise <i>Brenna Dwyer</i>	9:00-9:45 PR * MetCon3 <i>Tracy Washburn</i>	9:30-10:15 YS * Trilogy Barre Ava Moreno
7:45-8:30 MS * MetCon Monday <i>Marzena Janasik</i>	8:00-8:50 YS * Bala Bangle Barre Burn <i>Dane Sorensen</i>	8:15-9:00 YS * Pilates Mat <i>Ian Cahir</i>	7:30-7:50 MS * Best Abs Ever <i>Austin Williams</i>	7:30-8:20 PR * Precision Walk: Elevate <i>Casey Sines</i>	9:30-10:20 YS * Pilates Fusion (HEATED) <i>Savannah Solley</i>	9:45-10:45 PR * Precision Run® <i>Rene Wiley</i>
8:15-9:00 YS * Barefoot Sculpt <i>Jenna Solkow</i>	9:00-9:45 MS * Sculpt Tracy Washburn	9:15-10:00 YS * Barre <i>Caitlyn Moyer</i>	8:00-8:45 YS * Trilogy Barre <i>Amy Bishop</i>	8:00-8:50 MS * Best Butt Ever <i>Jennifer Padilla</i>	9:45-10:45 MS * Precision Run® <i>Rene Wiley</i>	10:00-10:45 MS * Cardio Dance <i>Dane Sorensen</i>
8:30-8:45 MS * Best Abs Ever <i>Marzena Janasik</i>	9:15-10:05 PR * Precision Walk: Elevate <i>Matthew Modleski</i>	9:30-10:15 MS * Sculpt <i>Frances Flores</i>	8:45-9:35 MS * Athletic Conditioning <i>Steven Maresca</i>	8:15-9:00 YS * True Barre <i>Kari McKillip</i>	10:00-10:50 MS * Stronger <i>Lindsey Hutterer</i>	10:30-11:20 CS * Beats + Bands Ride <i>Tracy Washburn</i>
9:15-10:05 MS * Stronger <i>Marzena Janasik</i>	9:30-10:15 YS * Trilogy Barre <i>Nicholas Duran</i>	10:15-11:15 YS * Sculpt <i>Frances Flores</i>	9:00-10:00 YS * Sculpted Yoga™ <i>Jad Kassouf</i>	9:15-10:15 YS * Vinyasa Yoga <i>Steve Jones</i>	10:15-11:05 CS * Anthem Ride <i>G.G. Aizcorbe</i>	10:45-11:45 YS * Vinyasa Yoga (HEATED) <i>Dan Ward</i>
9:15-10:15 YS * Vinyasa Yoga <i>Angel Desantis</i>	10:30-11:30 YS * Vinyasa Yoga (HEATED) <i>Steve Jones</i>	12:00-12:50 PR * Trilogy Barre <i>Nicholas Duran</i>	9:15-10:05 PR * Precision Walk: Elevate <i>Matthew Modleski</i>	10:30-11:20 MS * Sculpt <i>Kari McKillip</i>	10:45-12:00 YS * Vinyasa Yoga (HEATED) <i>Philip Anderson</i>	11:00-12:00 CL * Outdoor Run Club (L2) <i>Ross Neumann</i> <i>Francesca Pavia</i>
10:30-11:15 YS * True Barre <i>Cierra Flood</i>	12:00-12:50 YS * Pilates Fusion (HEATED) <i>Drea Marchesi</i>	12:30-1:30 PR * Precision Run® <i>Julie DelaBarre</i>	10:30-11:30 YS * Power Vinyasa (HEATED) <i>Austin Hollingshead</i>	11:00-11:45 YS * Pilates Mat <i>Pearl Fu</i>	11:00-11:45 MS * Best Stretch Ever <i>Lindsey Hutterer</i>	12:00-12:50 YS * Barre <i>Joyce Ivonne</i>
12:00-1:00 YS * Sculpted Yoga™ <i>Lindsey Hutterer</i>	4:00-4:30 MS * Upper Body Pump <i>Valeriya Rimer</i>	4:00-4:30 MS * Best Stretch Ever <i>Lindsey Hutterer</i>	12:30-1:30 PR * Precision Run + Strength <i>Casey Sines</i>	12:00-1:00 YS * Vinyasa Yoga <i>Sarra Morton</i>	11:30-12:30 PR * Precision Run® <i>Rene Wiley</i>	4:00-5:00 YS * Weekend Wind Down Yoga <i>Sarah Girard</i>
12:30-1:30 PR * Precision Run® <i>Jennifer Padilla</i>	4:30-4:50 MS * Best Abs Ever <i>Valeriya Rimer</i>	4:30-5:15 YS * Barre <i>Amanda Beasley</i>	4:00-4:50 MS * Stronger <i>Piper Natoli</i>	12:30-1:15 MS * Stronger Jeff McMullen	12:15-1:15 MS * Rounds: Boxing Circuit <i>Juanito Alvarez</i>	
4:15-5:00 YS * Trilogy Barre <i>Sydney Burger</i>	4:45-5:30 YS * Best Abs Ever <i>Valeriya Rimer</i>	5:00-5:50 MS * Pure Strength <i>Lindsey Hutterer</i>	4:15-5:05 CS * Precision Ride Alex Margarte	1:15-1:30 MS * Best Abs Ever Jeff McMullen	12:15-1:00 YS * Barre (HEATED) <i>Kristina DelGrosso</i>	
5:00-5:45 MS * Athletic Conditioning <i>Aidan Dayani</i>	5:00-5:45 MS * Barre Beyond Olivia Atwood	5:15-6:05 CS * Pilates Fusion <i>Matthew Modleski</i>	4:30-5:15 YS * Vinyasa Yoga (HEATED) <i>Alex Margarte</i>	4:00-5:00 YS * Vinyasa Yoga <i>Austin Hollingshead</i>	4:00-4:45 YS * Pilates Mat <i>Kat Colla</i>	
5:15-6:15 PR * Precision Run® <i>Lindsey Hutterer</i>	5:00-6:00 PR * Pilates Fusion <i>Jenna Solkow</i>	5:45-6:45 YS * Best Abs Ever <i>Drea Marchesi</i>	5:00-5:45 MS * Athletic Conditioning - Outdoors <i>Lindsey Valdez</i>	5:15-6:15 PR * Precision Run + Strength <i>Ross Neumann</i>		
5:30-6:45 YS * Power Vinyasa <i>Dan Ward</i>	5:00-6:00 PR * Precision Run + Strength <i>Jennifer Padilla</i>	6:00-6:30 MS * Best Butt Ever <i>Drea Marchesi</i>	5:00-5:45 MS * Athletic Conditioning - Outdoors <i>Lindsey Valdez</i>	5:15-6:05 YS * Pilates Rise <i>Sarah Carr</i>		
6:00-6:50 CS * Anthem Ride <i>Clayton Buckaloo</i>	5:30-6:20 CS * Beats Ride Shantani Moore	6:30-6:50 MS * Best Abs Ever <i>Drea Marchesi</i>	5:00-6:00 PR * Precision Run® <i>Ian Culbertson</i>	6:30-7:20 YS * Sonic Meditation <i>Xavianca Horne</i>		
6:00-6:45 MS * Stacked <i>Drea Marchesi</i>	6:00-6:50 MS * MetCon3 <i>Ian Culbertson</i>	6:30-7:30 PR * Precision Run® <i>Matthew Modleski</i>	5:00-6:00 PR * Precision Run® <i>Ian Culbertson</i>			
6:30-7:30 PR * Precision Run + Strength <i>Ashleigh Smith</i>	6:00-6:55 YS * Gentle Yoga <i>Heather D.</i>	7:00-7:45 YS * Pilates Fusion (HEATED) <i>Drea Marchesi</i>	5:30-6:15 YS * Pilates Mat <i>Ian Cahir</i>			
7:00-8:00 MS * Rounds: Boxing <i>Valentine Baker</i>	6:15-7:15 PR * Precision Run® <i>Ross Neumann</i>	7:15-8:00 MS * Athletic Conditioning <i>Ty Mauro</i>	6:00-6:45 MS * Barefoot Sculpt <i>Jenna Solkow</i>			
7:00-8:00 YS * Yin Yoga Meditation <i>Sarah Girard</i>	7:00-7:45 YS * Sound Meditation <i>Heather D.</i>		6:15-7:15 PR * Precision Walk: Elevate <i>Ian Culbertson</i>			
	7:15-8:00 MS * Best Stretch Ever <i>Jeff McMullen</i>		6:30-7:30 CL * Outdoor Run Club (L2) <i>Jennifer Padilla</i> <i>Ross Neumann</i>			
			6:30-7:30 YS * Vinyasa Yoga <i>Dylan Drew</i>			
			7:00-8:00 MS * Rounds: Boxing <i>Cody Stoute</i>			

EQUINOX

SANTA MONICA

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MON-THU 05:00 AM 10:00 PM

FRI 05:00 AM 09:00 PM

SAT-SUN 07:00 AM 07:00 PM

GROUP FITNESS MANAGER

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SIGNATURE CLASSES.

ACCLAIMED INSTRUCTORS.

TRANSFORMED BODIES.

STUDIO KEY

CS Cycling Studio

MS Main Studio

YS Yoga Studio

CL Club Lobby

PR PR Lab

CLASS LEVEL GUIDE

(All levels welcome unless otherwise noted.)

All All Levels Welcome

L1 Beginner

L2 Intermediate

L3 Advanced

Cycling

Anthem Ride Let the music move you! Vibe, flow, and sweat to the beat in our Signature "all music, no metrics" ride. An Equinox Exclusive.

Beats + Bands Ride Beats + Bands combines cardio and conditioning in a way that's unlike anything you've tried before. Alternate between blocks of cycling to the beat and targeted resistance band work in this full-body, posture-improving Equinox exclusive.

Beats Ride A rhythmic cycling class that uses an addictive playlist to motivate, inspire, and challenge. Build cardio strength, power, and endurance to the beat of playlists that will keep you coming back.

Precision Ride A new performance-based cycling experience exclusive to Equinox. This class uses precision metrics to monitor your power and quantify your gains over time. An energizing playlist and community spirit inspire you to push your limits. Build endurance, increase aerobic capacity, and discover your reason to ride.

Running

Outdoor Run Club Improve your pace, form, and endurance alongside your Equinox running community during this outdoor group running class. While we welcome runners of different levels, we suggest participants can complete a three-mile run. An Equinox Exclusive.

Precision Run + Strength A track and field circuit-based workout, created by running expert David Siik. Rotate between running intervals and conditioning drills using customized bands to increase your strength and speed. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Precision Run® An interval-based, treadmill running workout created by running expert, David Siik. Set your pace and challenge your endurance across a variety of inclines and speeds. An Equinox exclusive. Bring headphones - not needed at PR Lab locations.

Precision Walk: Elevate A treadmill climbing workout that challenges your ability across a variety of inclines. Personalize your pace, put a little performance in your walk and improve your cardiovascular endurance. An Equinox exclusive. Bring headphones.

Yoga

Gentle Yoga A balanced class for the body and mind. This open class focuses on releasing tension and body awareness through slow-paced, well-supported, and relaxing stretches.

Power Vinyasa A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

Power Vinyasa (HEATED) A vinyasa class with the strength dialed up. Challenge your whole body with a sequence of postures designed to build power and demolish limitation. A familiarity with vinyasa is recommended.

Sculpted Yoga™ Take Vinyasa up a notch with a challenging class that combines yoga with light weight sculpting. Incorporating Bala bangles and hand weights, this class merges Vinyasa flow with low-impact toning exercises to enhance strength, mobility, and balance. An Equinox exclusive.

Vinyasa Yoga This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

Vinyasa Yoga (HEATED) This timeless approach to yoga links movement and breath through flowing sequences. Unlock your body's potential, challenge your limits, and soothe your mind in this transformative practice.

Weekend Wind Down Yoga A soothing yoga journey that uses extended postures and supportive props to fully reset body and mind. Move slowly, breathe deeply, and restore completely in this special weekend only class.

Yin Yoga Meditation A healing class characterized by prolonged holds and mental stillness. Relieve stress and connect more deeply with your body in this rejuvenating practice. An Equinox exclusive.

Athletic Training

Athletic Conditioning This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

Athletic Conditioning - Outdoors This high energy full body workout is designed by your instructor to increase your strength, endurance, and agility. Select exercises and drills are sequenced to push your performance to the next level. Leave it all on the floor.

Best Butt Ever Fire up your glutes and entire lower body using dumbbells, mini-bands, and other equipment. Get active. Get strong. Get powerful. An Equinox exclusive.

Lower Body Blast Train everything below the belt in a class that focuses on lower body strength, definition, and endurance. Expect exercises using bodyweight and a variety of equipment including weights and bands. You'll push your legs and glutes to the limit.

MetCon Monday Mondays are for MetCon, so start your week strong! This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox Exclusive.

MetCon3 This metabolic conditioning workout taxes all three energy systems for optimal results. Three rounds of exercises designed to leave you fit, energized, and ready for more. An Equinox exclusive.

Pure Strength Bring more weight into our fitness studio than ever. Unleash your power in a circuit that alternates weight lifting with bodyweight resistance to keep you challenged. An Equinox Exclusive.

Stacked Maximize your workout by "stacking" targeted exercises to increase endurance, strength, and power. Each set is an opportunity to uplevel and achieve all-out effort. An Equinox exclusive. **Stronger** Gain strength, confidence and community in this one-of-a-kind class scientifically made to push you to your edge. Ditch the cardio and use heavy weights to challenge every muscle group. An Equinox exclusive.

Barre

Bala Bangle Barre Burn This off-the-barre class features the Bala Bangle and light dumbbells to add variety to traditional barre exercises. Define and tone your body while increasing flexibility. An Equinox exclusive.

Barre A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

Barre (HEATED) A continuous, rhythmic class using a series of contemporary exercises at the barre. Sculpt your arms, core, and legs, while increasing lean muscle and flexibility.

Barre Beyond Level up your barre experience with expansive movements using Bala Bangles. You'll elevate your heart rate through continuous low impact moves and tone your arms, core, and lower body with high repetition and light weight training. An Equinox exclusive.

Trilogy Barre A Pilates reformer and barre-inspired workout at the triple-barre that uses custom-designed resistance bands to strengthen, sculpt, and tone. Increase flexibility while building muscle definition. An Equinox exclusive.

True Barre This at-the-barre class incorporates a series of authentic barre exercises rooted in dance technique. Build, sculpt, and tone lean muscle while increasing flexibility. An Equinox exclusive.

Pilates

Pilates Fusion An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

Pilates Fusion (HEATED) An innovative Pilates class combining classic and contemporary sequences. Strengthen your core, sculpt lean muscle, and increase flexibility with a fusion of practices.

Pilates Mat This authentic class incorporates a continuous series of mat exercises rooted in the teachings of Joseph Pilates. Strengthen your core, improve flexibility, and dramatically transform your body.

Pilates Rise Evolve your Pilates practice with our contemporary approach that sculpts your core, glutes, and full body. Start with classical Pilates movements, then intensify, build, and burn for a transformative Pilates experience. An Equinox exclusive.

Dance

Cardio Dance A non-stop dance workout combining a variety of styles, rhythmic moves, and easy-to-follow combinations. Increase cardio endurance as you let the rhythm be your guide.

Boxing and Kickboxing

Rounds: Boxing Gloves on, guard up. Step into the ring with Rounds: Boxing, where every punch, every move, is a step towards mastering the art of boxing. Elevate your skill and power through expert-guided sessions and immersive rounds on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Rounds: Boxing Circuit Gloves on, guard up. This is where power meets precision, and stamina takes center stage. Immerse yourself in an authentic boxing circuit as you navigate skill-enhancing stations and power-packed intervals on the heavy bag. An Equinox exclusive. Boxing gloves required; personal gloves recommended.

Stretch and Recovery

Best Stretch Ever Lengthen and luxuriate in a series of feel-good stretches utilizing a Mobility Stick, a mat, and your body. Gain flexibility and mobilize your joints to find your Best Stretch Ever. An Equinox Exclusive.

Sonic Meditation Trip on sound. Ground yourself in an immersive, 45-minute journey with guided meditation and the live sounds of instruments like chimes, singing bowls, and rain sticks. An Equinox exclusive.

Sound Meditation A deeply immersive, full-body listening experience that uses sound to nurture body and mind. Get centered, relax and immerse yourself in the textured sounds of chimes, rain sticks, singing bowls, gongs and more. This soothing blend of guided meditation and live musical instruments will leave you feeling uplifted and restored.

Sculpt

Barefoot Sculpt A low impact barefoot workout that blends Pilates, barre, and light weight sculpting. Strengthen your body from the ground up.

Best Abs Ever A challenging six-pack of exercises that builds and defines abdominal muscles. Strengthen and chisel your core while you ignite your metabolism and enhance total-body performance.

Sculpt An endurance-based, low-impact workout, using high reps and light to medium weights in combination with equipment like bands and gliding discs. Increase body part definition and total body mobility with this workout.

Upper Body Pump Quick and efficient strength training, targeting your arms, chest, and back. Get pumped up and ready to rock in just 30 minutes or less. An Equinox Exclusive.